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Brighter Outlook™ for gloomy days

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Developing technology from the Met Office, which could help people living with the Seasonal Affective Disorder (SAD), is now being trialled.

Winter can be a tough time of the year for people living with SAD, which is caused by low levels of natural light.

Registered patients, in Cornwall and East Berkshire, are being invited to sign up for a pilot scheme, called Brighter Outlook™, which provides predictions of light levels.

Initially, the scheme plans to evaluate the effect for 400 people who sign up for the programme, and will run from early November until the end of February. If successful, the project will be extended across the UK next winter.

Brighter Outlook™, this season, brings together the Met Office, Outlook South West, Berkshire Talking Therapies, NHS Cornwall and Isles of Scilly PCT and NHS East Berkshire PCT.

Dr Tish Laing-Morton, Met Office Clinical Director, said: “Our knowledge of the link between the weather and our health is becoming deeper and this initiative is one more example of how we can help people manage their condition to remain well. We hope this pilot brings real benefits and provides the platform to extend schemes to even more people.”

Brighter Outlook™ information

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